

Distance Running Results

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Distance Running Results (DRR) publishes results of races 800 metres and longer from all over the world with the focus on South African results.

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EDITORIAL

A brilliant and brave run in Durban yesterday by Annie Bothma, who led from (a very fast) start to finish, brought her the national title in a personal best 2:30:31, the third fastest time ever by a South African on home soil. Bothma (27) not only won the SA title rather easily, but beat off the international challenge of Chaltu Bedo Negashu (ETH) and last year's winner, Shelmith Nyawira Muriuki (KEN).

Bothma also obliterated Muriuki's course record from last year by more than seven minutes and surpassed her own PB of 2:33:35, set in the Sanlam Cape Town Marathon in 2020. Defending SA champion Jenet Mbhele was second this time in a PB 2:37:08 (fourth overall).

In the men's race last year's first two South Africans, Tumelo Motlagale and Simon Lehlohonolo Sibeko, reversed positions, with Sibeko taking the gold medal in 2:12:06 and Motlagale the silver in 2:17:06. Sibeko improved his PB from the 2:15:03 he ran in the SA Marathon in 2021. But they finished behind the winner, Lesotho's Tebello Ramakongoana, who delivered a masterful performance over the second half and was rewarded with a PB 2:10:11.

Bothma shot away from the start in a light drizzle and, assisted by two male pacemakers, soon had a big gap on the following group, who had their own pacers. She reached 5 km in 17:11 with a lead of 24 seconds. She went past 15 km in 51:09, a PB by one second short of 1½ minutes, and had stretched her lead to 1 min 40 sec.

At halfway Bothma was timed in 1:12:34 -- incredibly, another PB by 2 min 39 sec -- and she was still 1 min 34 sec ahead of Negashu. Her remaining pacer pulled out at 27 km and she was slowing, clearly having difficulties to maintain her tempo as fatigue set in and the wind buffeted her slim frame. Behind her the Ethiopian had started her finishing drive and the gap closed rapidly. At 35 km Bothma's advantage was only 25 seconds and it seemed as if the race was slipping away from her.

Then, at 39 km, the inevitable happened as Negashu pulled alongside the South African. But a determined Bothma was not done; she gave her rival a sidelong glance and accelerated, opening a 10m gap. She went through 40 km in 2:22:38, covered the next kilometre in 3:45 and although she looked over her shoulder twice in the last kilometre, Negashu could get no closer.

Bothma finished triumphantly five seconds to the good. Her time has been bettered in South Africa only by Gerda Steyn (2:26:25) and Frith van der Merwe (2:27:36, as long ago as 1990) and she moved into seventh place on the all-time list. Besides her win in the 2020 Sanlam Cape Town Marathon she was also the first South African the previous year (in her debut marathon) when the race hosted the SA Marathon, but then she was not a member of her provincial team so could not claim the national title.

"I was out for the whole year in 2022 and only started training again in November," Bothma said. "I was hoping for faster, but the weather conditions didn't allow it. The wind was really gusting. But it is very special to me to win the title."

In the men's race the three pacemakers, led by Mbuleli Mathanga, did an excellent job and a group of nine, headed mostly by Samuel Naibei Kiplimo (KEN), stayed together until halfway was reached in 1:04:03. At 23 km, after a surge by Ramakongoana, the group splintered and with the clock showing 1:15:00 the Lesotho athlete went past Mathanga, the remaining pacer, who then stopped. At 32 km Ramakongoana was 1:46 ahead of Sibeko and 2:07 in front of Yego, with Motlagale another 45 seconds adrift.

The positions of the first four did not change again as Ramakongoana, who was 35th in the World Championships Marathon last year, ran untroubled to the finish and broke his previous best, set in Cape Town in 2021, by 13 seconds.

Bothma was not the only DRR subscriber to win a national title in Durban -- Friedl van der Merwe took the grandmasters' gold medal in 3:07:30. Nancy Will, who is 70, competed in the grandmaster category and won the silver medal in 3:55:36. Well done to all three!

□ To end, a bit of trivia: World records are not supposed to last for a very long time (although some current ones have done so), but for a record to last less than seven seconds is quite unusual. It happened in the women's pentathlon at the European Indoor Championships, with the 800 m being the last event. When Adriana Sułek (POL) won the 800 in 2:07.17 her total of 5014 broke Nataliya Dobrynska's world record of eleven years ago by a single point. However, 6.43 seconds later double Olympic and world champion Nafissatou Thiam (BEL) finished in 2:13.60, totalling 5055 points to earn a new world mark.

Riël Hauman

INCLUDED IN THIS ISSUE:

- * Durban International Marathon (SA Championships) & 10 km, Durban
- * Constantia Village 15 km, Constantia
- * Lake Farm Centre 10 km, Gqeberha
- * Crazy Store Lighthouse 10 km, Cape Town
- * Knysna Heads Marathon, Half Marathon & 10 km, Knysna
- * Track: ACNW Open & League Meeting, Potchefstroom

International highlights:

- * National University Half-Marathon Championships, Tachikawa Akishima, JPN
- * Nagoya Women's Marathon, Nagoya, JPN
- * EDP Meia Maratona de Lisboa, Lisboa, POR
- * NN City Pier City Half Marathon, Den Haag, NED
- * Runners' Lab Halve Marathon Gent, Gentbrugge, Gent, BEL
- * Spirit Run, Newport Beach, CA, USA
- * 10 km Villa de Laredo, Laredo, ESP
- * Semi-Marathon & 10 km de Cannes, Cannes, FRA
- * 10 km de Payerne, Payerne, SUI
- * Bank of Us Run the Bridge Hobart 10 km, Hobart, AUS

- * TTP Cambridge Half Marathon, Cambridge, GBR
 - * FRESH 15 km, South Tyler, TX, USA
 - * XC: Championnats de France de Cross-Country, Carhaix-Plouguer, FRA
 - * Indoor track: NCAA Division I Indoor Championships, Albuquerque, NM, USA; NAIA Indoor Championships, Brookings, SD, USA
 - * Outdoor track: Sydney Track Classic, Sydney, NSW, AUS; Jennian Homes New Zealand Championships, Wellington, NZL
 - * USATF 50 km Championships, East Islip, NY, USA
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ROAD RUNNING

Durban International Marathon & 10 km

(Incorporating the South African Marathon Championships; 91st for men & 39th for women)

Durban, 12 March

(Distance: 42.195 km. Point-to-point course at sea level, with a start/finish separation of 20.2 km [47.9% of the race distance]. Also 10 km; point-to-point course with a s/f separation of 4.7 km [47% of the race distance]. Both races have the same finish, which is a few metres HIGHER than each start. Both courses are record-eligible [albeit just barely] and WA/AIMS certified. Finishers: Marathon -- 1149 men + 316 women = 1465 total [huge increase from 805 last year]; 10 km -- 262 men + 321 women = 583 total [up from 395]. Weather: cool with wind and intermittent rain, but humid.)

Note: South Africans who were not part of the SA Marathon Championships (only athletes in provincial teams were eligible) are indicated by *. -- Ed.

Marathon (gun times):

MEN

1. Tebello RAMAKONGOANA (LES) 2:10:11 PB/CR* (R50 000)
2. Simon Lehlohonolo SIBEKO 2:12:06 PB [SA champion] (R25 000 + R20 000s)
3. Cornelius Kipchumba YEGO (KEN) 2:13:19 PB (R10 000)
4. Tumelo MOTLAGALE 2:17:06 [Silver medal] (R5000 + R15 000s)
5. Bonginkosi MAVUSO 2:17:47 [Bronze medal] (R3000 + R9000s)
6. Reghen MAGWAI 2:19:07 (R7000s)
7. Philani BUTHELEZI 2:19:19 (R5000s)
8. Raydon BALIE 2:20:33
9. Samuel MOLOI 2:20:46
10. Sphamandla NKOSI* 2:21:04
11. Rirhandzu RHANGANI 2:21:28
12. R. MBAMBO* 2:22:01
13. Leseja PAPO 2:22:39
14. Phumlani DLAMINI* 2:22:52
15. Ncedisani PHUNGULA 2:23:05
16. Jonas SOKE 2:23:56
17. Folavio SEHOHLE 2:24:17
18. Siboniso SIKHAKHANE 2:24:23
19. Ayanda NGCOBO 2:24:54
20. Sithembiso MQHELE 2:25:35
21. Thabang MATHEBULA* 2:27:28
22. Bonang MAHASE* 2:27:35
23. Lovers HLATSHWAYO 2:29:01
24. Sphesihle NENE* 2:29:23
25. Thabiso MOSEKILI 2:29:23
26. Benedict ZUMA* 2:29:33
27. Elvis TAU 2:29:56
28. Tshepiso KHATI 2:30:13

29. Siphokuhle TSHOBA* 2:30:27
30. Nthuthuko MASEKO 2:30:35
Samuel Naibei Kiplimo (KEN), Jobo Khatoane (LES), Sibabalwe Gladwin Mzazi, DNF

Veterans:

1. Hlatshwayo, above, 2:29:01 (R750 + R3000s)
2. Maseko, above, 2:30:35 (R500 + R2500s)
3. Nkosinathi Ngcongo 2:33:35 (R2000s)

Masters:

1. Philemon Manyaka 2:43:59 [SA champion] (R750)
2. Tsietsi Mokoena 2:47:40 [Silver medal] (R500)
3. Nhlanhla Khanyile 2:56:46
- ... 5. Setlhare Thateng 3:04:35 [Bronze medal]

G'masters:

1. Shaun Meiklejohn 2:59:22 (R750)
2. Friedl van der Merwe 3:07:30 [SA champion] (R500)
3. Paul Cieverts 3:08:20 [Silver medal]
4. Alfred Reid 3:12:39 [Bronze medal]

*) Course record; previous 2:10:24, Isaac Mpofo (ZIM), 2022

s = Prize money in SA Championships

WOMEN

1. Annie BOTHMA 2:30:31 PB/CR* [SA champion] (R50 000 + R20 000s)
2. Chaltu Bedo NEGASHU (ETH) 2:30:36 PB (R25 000)
3. Shelmith Nyawira MURIUKI (KEN) 2:36:24 R10 000)
4. Jenet MBHELE 2:37:08 PB [Silver medal] (R5000 + R15 000s)
5. Nontokoze MKHIZE 2:40:53 PB [Bronze medal] (R3000 + R9000s)
6. Faith CHEPKOECH (KEN) 2:42:30 DB
7. Mokulubete Blandina MAKATISI (LES) 2:46:26
8. Margrate JEPCHUMBA (KEN) 2:48:14
9. Cornelia JOUBERT 2:51:21 (R7000s)
10. Janie GRUNDLING* 2:52:29
11. Megan DEMPSTER* 2:52:53 PB
12. Ann ASHWORTH 2:56:40 (R5000s)
13. Fikile MBUTHUMA 3:01:55
14. Helene VAN ROOYEN 3:05:45
15. Loveness MADZIVA (ZIM) 3:05:47
16. Elizabeth POTTER 3:08:29
17. Merle RAUTENBACH 3:10:04
18. Lethokuhle LETSOALO* 3:10:59
19. Christina SILALE (40+) 3:11:51
20. Ferne KALAMER* 3:15:25
21. Chrizzell ROBERTS 3:18:17
22. Abby SOLMS* 3:18:21
23. Debbie KITTO* (40+) 3:20:11
24. Amanda SCHORN* 3:21:07
25. Rose JIJANA (40+) 3:21:25

Veterans:

1. Jepchumba, above, 2:48:14 (R750)
2. Grundling, above, 2:52:29 (R500)
3. Mbuthuma, above, 3:01:55 [SA champion] (R3000s)
4. Van Rooyen, above, 3:05:45 [Silver medal] (R2500s)
5. Rautenbach, above, 3:10:04 [Bronze medal] (R2000s)

Masters:

1. Potter, above, 3:08:29 [SA champion] (R750)

2. Thami Manxoyi 3:34:14 [Silver medal] (R500)
3. Roshini Natasen 3:50:24
- ... 6. Ansie Breytenbach 3:57:21 [Bronze medal]

G'masters:

1. Malie van der Walt 3:45:42 [SA champion]
2. Nancy Will (70+) 3:55:36 [Silver medal]
3. Debby de Koning 3:59:37

*) Course record; previous 2:37:54, Shelmith Nyawira Muriuki (KEN), 2022
s = Prize money in SA Championships

10 km (gun times):

MEN

1. Tsepo RAMASHAMOLE (LES) 29:08 (R5000)
2. Milton KEKANA 29:08 (R3000)
3. Yanga MALUSI 29:31 PB (R1500)
4. Tukiso MOTLOMELO 30:28
5. Fikinkosi ZONDI 30:46
6. Joshua MABANDA 31:53
7. Chamu PHIRI 32:25
8. Thulisang KHAMBULE 32:31
9. Sandile ZULU 32:35
10. Samukelo SHABALALA 32:37

WOMEN (Same prize money as men)

1. Neheng KHATALA (LES) 33:55
2. Nwabisa MJOLI 34:52
3. Maleneo MAHLOKO 36:48 PB
4. Andisiwe NJUNGUZA 38:33
5. Banele MABIZELA 39:53

Constantia Village 15 km (29th)

(Powered by Totalsports)

Constantia, 11 March

(Certified, undulating loop course with short out-and-back section at beginning and end.

Finishers: 1936 [up from 1349 last year].)

MEN

1. William Kaptein (Langa), 30, 47:31 (R2000)
2. Star Shayamano (ZIM/Edge), 26, 48:43 (R1000)
3. Tumelo Mokoatsi (Kuils), 35, 48:52 (R750)

(All age category prize money was the same: R700, R450, R300.)

Veterans: 1. Mthandazo Qhina (Ned), 45, 51:28; 2. Richman Maqengu (Ned), 41, 54:37; 3. Bulelani Mkhosana (Khay), 40, 55:35. **Masters:** 1. Shawn Abrahams (Kuils), 52, 53:27; 2. John September (Itheke), 56, 56:39; 3. Hansley Weaver (Ned), 50, 56:44. **G'masters:** 1. Stephen Motau (Itheke), 62, 62:26; 2. Julian Paul (SANDF), 63, 65:09; 3. Eise Geerts (Bell), 67, 65:40. **G/g'masters:** 1. Timothy Pienaar (VOB), 71, 73:21; 2. Carel Muller (Stell), 72, 75:06; 3. Henry Cleophas (Ned), 74, 82:08. **Juniors:** 1. Eric Mbali (UWC), 18, 54:56; 2. Marcus McDowall (Hout), 18, 61:41; 3. Imaad Isaacs (ARD), 17, 66:12.

WOMEN (Same prize money as men)

1. Beauty Maloba (Ned), 28, 59:21
2. Christiane Adriaanse (GER/Ned), 45, 59:21 [correct]
3. Kelly Nel (Ind), 29, 59:33

Veterans: 1. Christiane Adriaanse (GER/Ned), 45, 59:21; 2. 2. Elmé Middlemost (Ned), 44, 62:13; 3. Suzie Caras (Harf), 46, 65:00. **Masters:** 1. Obertina Kanyongo (ZIM/Ned), 55, 64:16; 2. Antoinette Williams (Tyger), 51, 74:42; 3. Joretha Kruger (Bell), 52, 75:12. **G'masters:** 1. Renée Scott (VOB), 60, 74:03; 2. Griet Zakarian (Melk), 60, 77:05; 3. Dawn Saunders (Held), 64, 80:24. **G/g'masters:** 1. Diana Thomson (VOB), 76, 89:44; 2. Maureen Verster (CC), 70, 92:36; 3. Sue Rymer (Ind), 71, 94:22. **Juniors:** 1. Rebecca Monk (ATC), 18, 69:06; 2. Mia Apollis (SH), 16, 1:48:10.

Lake Farm Centre 10 km (37th)

Gqeberha, 11 March

(Hilly out-and-back course. Finishers: 329. There were 314 finishers when the race was last held in 2020.)

Note: This is Kayla Nell's third win in a row. -- Ed.

MEN

1	Khaya	GQWETHA	Vukani MS Club	37	34:56
2	Xolisa	NDLUMBINI	Vukani MS Club	40	35:36
3	George	NTSHILIZA	Nedbank RC	43	36:33

Veterans:

1	Xolisa	NDLUMBINI	Vukani MS Club	40	35:36
2	George	NTSHILIZA	Nedbank RC	43	36:33
3	Sebastian	KLEU	Run 4 Christ AC	47	40:16

Masters:

1	Mutekile	RASMENI	Ind	58	41:30
2	André	OWNHOUSE	Gelvan AC	55	45:57
3	Gavin	ROGERS	Crusaders AC	58	46:50

G'masters:

1	Peter	VAN RENSBURG	Elite AC	64	52:44
2	Leonard	CONRADIE	Bluewater Bay	68	53:55
3	De Wet	WILLIAMS	Muirite Strider	61	54:29

G/g'masters:

1	Hannes	ELS	Madiba BW	73	48:25
2	Trevor	VAN RENSBURG	Charlo AC	70	57:56
3	Antonie	GROBLER	Run 4 Christ AC	70	1:01:47

WOMEN

1	Kayla	NELL	Charlo AC	28	42:20
2	Inge	WILLIAMS	Nedbank RC	33	43:50
3	Terray	POTHIER	Elite AC	32	46:59

Veterans:

1	Janine	WHITTAL	Elite AC	41	52:57
2	Lindi	VAN TONDER	Charlo AC	45	55:30
3	Maudy	BOTES	Despatch AC	41	56:46

Masters:

1	Burnita	STRYDOM	Run 4 Christ AC	54	51:38
2	Amanda	SHAW	Body Concept	58	52:34
3	Johannette	OOSTHUIZEN	Body Concept	58	54:15

G'masters:

1	Cathy	ALLERS	Elite AC	61	57:27
2	Janette	SCHIERZ-CRUSIUS	Body Concept	62	57:55
3	Marietjie	PIETERSEN	Achilles AAA	66	1:05:48

G/g'masters:

1	Jos	ELS	Madiba BW	70	1:05:57
2	Jeanette	PIENAAR	PEAAC	74	1:14:45

Crazy Store Lighthouse 10 km

Cape Town, 8 March

(Certified loop course. Finishers: 1112 [up from 939 last year].)

MEN

1. Kane Riley (Ind) 31:08
2. Mthandazo Qhina (Ned) 32:24 (1st vet)
3. Lukhayno Nobakada (Khay) 32:50

Veterans: 1. Mthandazo Qhina (Ned) 32:24; 2. Tjaart van der Walt (AAC) 35:21; 3. Neil Broers (AAC) 35:44. **Masters:** 1. John September (Itheke) 35:22; 2. Graham Katzen (Celtic) 35:44; 3. Xolile Macanda (Gugs) 37:03. **G'masters:** 1. Stephen Motau (Itheke) 39:25; 2. Julian Paul (SANDF) 42:04; 3. Kevin Isaacs (Elsies) 43:42. **G/g'masters:** 1. Tim Pienaar (VOB) 45:53; 2. Brian Collyer (AAC) 52:51; 3. Roxy Kalpee (CC) n/t. **Juniors:** 1. Uzukhanye Makhonxa (VOB) 33:22; 2. Inam Mbatsa (VOB) 33:34; 3. Siyambonga Centane (Herbal) 33:47.

WOMEN

1. Beauty Maloba (Masai) 38:47
2. Pamela Moyikwa (Khay) 39:36
3. Tanya Scott (ATC) 39:49

Veterans: 1. Jenny Close (CMC) 41:00; 2. Linda Kinloch-Smith (Bell) 43:01; 3. Maritsa Kotze (Bell) 52:11. **Masters:** 1. Obertina Kanyongo (ZIM/Ned) 41:06; 2. Julie Huckle (Hout) 41:14; 3. Ursula Frans (Ned) 44:28. **G'masters:** 1. Dawn Saunders (Held) 48:41; 2. Louise Kumm (WC) 52:28; 3. Charmaine Cupido (Ned) 52:50. **G/g'masters:** 1. Nancy Will (Pine) 55:15; 2. Diana Thomson (VOB) 57:47; 3. Maureen Verster (CC) 58:16. **Juniors:** 1. Rebecca Monk (ATC) 40:48; 2. Emilia Borgmann (Ind) 44:48; 3. Dumisa Sipunzi (VOB) n/t.

Knysna Heads Marathon, Half Marathon & 10 km

Knysna, 4 March

(Distances: 42.195 km, 21.1 km & 10 km; course configurations unknown. Finishers: marathon -- 162; half marathon -- 204; 10 km -- 135. There were 218, 254 and 229 finishers, respectively, when the races were last held in 2020.)

Marathon:

MEN

1	Lloyd Bosman	Nedbank	2:37:01
2	Willard Jussah	Nedbank	2:43:02
3	Saziphi Blaai	Ind	2:45:46

Veterans:

1	Willard Jussah	Nedbank	2:43:02
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Masters:

1	Kobus Boshoff	Outeniqua Harriers	3:17:22
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G'masters:

1	Reggie Saunders	Worcester AC	3:58:10
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G/g'masters:

1	Brian May	Plett AC	4:46:51
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WOMEN

1	Catherine Williamson	Ind	2:56:34
2	Kate Rees	Murray & Roberts	3:06:31
3	Bianca Brent	Outeniqua Harriers	3:38:11

Veterans:

1	Catherine Williamson	Ind	2:56:34
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Masters:

1	Maryke Sass	32Gi	3:55:58
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G'masters:

1	Janette van der Kolf	PEAAC	5:17:02
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Half marathon:

MEN

1	Selwyn Matthews	Nedbank	1:11:34
2	Francois Maquassa	Nedbank	1:14:12
3	Amber-Jade Claasen	Nedbank	1:19:36

Veterans:

1	Danie van Rensburg	Nedbank	1:44:28
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Masters:

1	Lindile Tokota	Nedbank	1:25:50
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G'masters:

1	Hermanus Jonkerman	Nedbank	1:44:28
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G/g'masters:

1	Manie Steenkamp	Nedbank	1:49:19
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Juniors:

1	Jemaine Keffers	Outeniqua Harriers	1:20:54
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WOMEN

1	Melissa van Rensburg	Nedbank	1:27:32
2	Anna Haw	Knysna MC	1:41:05
3	Nadine Pretorius	Ind	1:43:52

Veterans:

1	Melissa van Rensburg	Nedbank	1:27:32
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Masters:

1	Robertha Starbeck	Nedbank	1:55:11
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G'masters:

1	Bethan Philp	Nedbank	2:40:30
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G/g'masters:

1	Toekie Steenkamp	Nedbank	2:17:54
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10 km:

MEN

1	Lluwellyn du Toit	Nedbank	34:39
2	Wayne April	Nedbank	35:11
3	Linden Bosman	Nedbank	35:47

Veterans:

1	Gideon Isaacs	Nedbank	47:07
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Masters:

1	Theo Burgers	Vitality	52:30
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G'masters:

1	Johan Grobbelaar	Nedbank	42:40
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Juniors:

1	Lluwellyn du Toit	Nedbank	34:39
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WOMEN

1	Nikki Walter	Knysna MC	44:48
2	Bailee Nell	Ind	48:13
3	Rina Wray	Ind	56:07

Veterans:

1	Sonika Jooste	Nedbank	1:08:42
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Masters:

1	Leatitia du Toit	Nedbank	48:43
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G'masters:

1	Sandra Eardley	Outeniqua Harriers	1:03:10
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G/g'masters:

1	Trix de Villiers	Nedbank	1:33:44
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Juniors:

1	Anke Stevens	Nedbank	1:03:18
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TRACK**ACNW Open & League Meeting**

Potchefstroom, 7 March

MEN

800:

1. Kian Johnson 1:54.38
2. Jacob Rozani 1:59.22

5000:

1. Ian Slinger 15:08.43

WOMEN

800:

1. Karin-Mari Pretorius 2:13.95

1500:

1. Stephany Petro 4:45.72

U18

800:

1. Marli Dimond 2:14.31

INTERNATIONAL

International results and news with acknowledgement to *Race Results Weekly*, *Athletics International*, *e-Track Newsletter*, *Running USA Wire*, Ken Nakamura, Wim van Hemert, the IAAF and various other websites. South Africans' performances are highlighted in yellow.

ROAD RUNNING**National University Half-Marathon Championships** (26th)

(Held in conjunction with the Tachikawa City Half Marathon)

Tachikawa Akishima, JPN, 12 March

(Distance: 21.1 km; World Athletics-certified and record-eligible)

UNIVERSITY MEN (gun times)

1. Kotaro Shinohara (Komazawa Univ.), 1:02:16

2. Reishi Yoshida (Chuo Gakuin Univ.), 1:02:29
3. Rei Matsunaga (Hosei Univ.), 1:02:43
4. Neo Namiki (Tokyo Nogyo Univ.), 1:02:48
5. Eiki Kogure (Soka Univ.), 1:02:55
6. Kazuma Takeda (Hosei Univ.), 1:02:57
7. Yuma Nozawa (Soka Univ.), 1:02:58
8. Hironori Muramatsu (Tokyo Kokusai Univ.), 1:02:59

Nagoya Women's Marathon (39th)

(World Athletics Platinum Label Road Race)

Nagoya, JPN, 12 March

(Distance: 42.195; WA/AIMS certified)

WOMEN (gun times)

1. Ruth CHEPNGETICH, 1994, KEN, 2:18:08 (USD 250,000)
[1:08:47 / 1:09:21]
 2. Ayuko SUZUKI, 1991, JPN, 2:21:52 PB
 3. Honami MAEDA, 1996, JPN, 2:22:32 PB
 4. ZHANG Deshun, 1996, CHN, 2:24:05 PB
 5. Mao UESUGI, 1995, JPN, 2:24:16
 6. Yuka SUZUKI, 1999, JPN, 2:25:46
 7. Mirai WAKU, 1995, JPN, 2:25:58 PB
 8. LI Zhixuan, 1994, CHN, 2:26:28
- > The 8 women above achieved Paris 2024 qualifying times <---
9. Honaka TANAIKE, 1997, JPN, 2:27:30 DB
 10. Isobel BATT-DOYLE, 1995, AUS, 2:27:54 PB
 11. Sakiho TSUTSUI, 1996, JPN, 2:28:45 PB
 12. Mao KIYOTA, 1993, JPN, 2:29:20
 13. Mizuki TANIMOTO, 1994, JPN, 2:29:56
 14. Chiharu IKEDA, 1993, JPN, 2:30:23
 15. Yuri MITSUNE, 1998, JPN, 2:31:26
 16. Mayu NISHIKAWA, 1997, JPN, 2:31:44
 17. Sarah PAGANO, 1991, USA, 2:32:05 PB
 18. Eloise WELLINGS, 1982, AUS, 2:32:09 (40+)
 19. ZHANG Xinyan, 1994, CHN, 2:32:19
 20. Kaena TAKEYAMA, 1995, JPN, 2:32:20

EDP Meia Maratona de Lisboa (32nd)

(World Athletics Elite Label Road Race)

Lisboa, POR, 12 March

(Distance: 21.1 km; WA-certified and record-eligible)

MEN (gun times)

1. Nibret Melak, ETH, 59:06 DB
2. Hagos Gebrhiwet Berhe, ETH, 59:07
3. Vincent Kipkemoi Ngetich, KEN, 59:10
4. Rhonex Kipruto, KEN, 59:22
5. Jake Robertson, NZL, 1:00:05
6. Solomon Berihu, ETH, 1:00:27
7. Josphat Kipkemboi Kemei, KEN, 1:00:41
8. Edward Zakayo Pingua, KEN, 1:00:44 DB
9. Benard Kipkurui Biwot, KEN, 1:00:53
10. Getachew Masresha Kidie, ETH, 1:01:43
11. Emmanuel Kipchumba Kemboi, KEN, 1:02:44
12. Rui Pinto, POR, 1:02:52

13. Wisley Kibichii, KEN, 1:02:53
14. Morgan Le Guen, SUI, 1:02:59
- ... 18. Collen Mulaudzi, RSA, 1:04:26

ELITE WOMEN (women-only race; gun times)

1. Almaz Ayana, ETH, 1:05:30 CR/PB
2. Margaret Chelimo Kipkemboi, KEN, 1:05:50
3. Girmawit Gebrzihair Gebru, ETH, 1:06:28
4. Tiruye Mesfin, ETH, 1:06:31 PB
5. Purity Jemutai Komen, KEN, 1:07:08 PB
6. Catherine Reline Amanangole, KEN, 1:07:21
7. Alem Nigus Tsadit, ETH, 1:07:50 PB
8. Francine Niyonsaba, BDI, 1:08:45 NR/DB
9. Viola Chepngeno, KEN, 1:08:56
10. Gete Alemayehu, ETH, 1:08:59
11. Sara Hall, USA, 1:09:31
12. Susan Chembai Aramisi, KEN, 1:10:13 PB
13. Gulume Tekle Arado, ETH, 1:11:16 PB
14. Olga Nyzhnyk, UKR, 1:11:46
15. Lily Partridge, GBR, 1:11:46
- ... 17. Stephanie Twell, GBR, 1:13:10

NN City Pier City Half Marathon (47th)

Den Haag, NED, 12 March

(Distance: 21.1 km; WA/AIMS certified, record-eligible out-and-back course)

MEN (gun times)

1. Brian KIPTOO, KEN, 1:00:53
2. Moses KOECH, KEN, 1:00:55
3. Albert ROP, BRN, 1:01:05
4. Khalid CHOUKOUD, NED, 1:02:55
5. Stan NIESTEN, NED, 1:03:26

WOMEN (gun times)

1. Nienke Brinkman, NED, 1:07:44
2. Roselida Jepketer, BRN, 1:08:40
3. Pauline Esikon, KEN, 1:08:47
4. Caroline Chepkemai, KEN, 1:09:42
5. Silke Jonkman, NED, 1:10:43
6. Sylvia Mmboga Medugu, KEN, 1:11:46
7. Anne Luijten, NED, 1:12:12
8. Leonie Balter, NED, 1:12:49
9. Jasmijn Lau, NED, 1:13:29

Runners' Lab Halve Marathon Gent

(Belgian Half-Marathon Championships)

Gentbrugge, Gent, BEL, 12 March

(Distance: 21.1 km; World Athletics-certified, one-loop course with negligible start/finish separation, record eligible)

MEN (gun times)

1. Bashir Abdi, BEL, 59:51 NR (1st NC)
2. Abraham Akopesha, KEN, 1:00:40
3. Djamal Abdi, DJI, 1:00:56 PB
4. Collins Kipkurui, KEN, 1:01:04

5. Peter Mwaniki, KEN, 1:01:37
6. Simon Debognies, BEL, 1:01:52 (2nd NC)
7. Sondre Nordstad Moen, NOR, 1:02:07
8. William Kibor, KEN, 1:02:19
9. Dorian Boulvin, BEL, 1:03:07 (3rd NC)

WOMEN (gun times)

1. Shamila Kipsorir, KEN, 1:07:53 PB
2. Veronica Loleo, KEN, 1:08:03 PB
3. Kasanesh Ayenew Baze, ETH, 1:08:40 PB
4. Julia Mayer, AUT, 1:11:31
5. Hanne Verbruggen, BEL, 1:12:28 (1st NC)
6. Lydia Njeri Mathathi, KEN, 1:12:56
7. Juliette Thomas, BEL, 1:13:54 (2nd NC)
8. Victoria Warpy, BEL, 1:14:04
9. Hannah Vandenbussche, BEL, 1:14:42 (3rd NC)

Spirit Run

Newport Beach, CA, USA, 12 March

Elite Mile

WOMEN

1. Carina Viljoen (RSA), Mammoth TC, 4:32.5; 2. Katie Izzo, adidas, 4:34.8; 3. Sara Van Dyke, Unattached, 4:42.2.

5 km

WOMEN

1. Katie Izzo, adidas, 16:08.2; 2. Carina Viljoen (RSA), Mammoth TC, 16:38.2; 3. Sara Van Dyke, Unattached, 17:38.2.

10 km Villa de Laredo (20th)

Laredo, ESP, 11 March

(WA/AIMS certified record-standard course with no net elevation change and very small [117 m] start/finish separation.)

MEN (gun times)

1. Berihu Aregawi Teklehaimanot, ETH, 26:33 WL/NR/#2 all time
2. Efrem Gidey, IRL, 28:17
3. Thomas Mortimer, GBR, 28:18 PB
4. Fernando Carro Morillo, ESP, 28:18
5. Javier Guerra Polo, ESP, 28:23

WOMEN (gun times)

1. Zenah Jemutai Yego, KEN, 31:03 DB
2. Miriam Chebet, KEN, 31:13 PB
3. Atanane Soukaina, MAR, 31:21 PB
4. Paula Herrero Aguirre, ESP, 31:23 NR
5. Kaoutair Boulaid, MAR, 31:29 PB
6. Isabel Barreiro Garcia, ESP, 32:00 PB
7. Edymar Daniely Brea Abreu, VEN, 32:16 PB
8. Alicia Berzosa Martin, ESP, 32:45 PB
9. Mari Luz Tesuri, ARG, 32:47 PB
10. Laura Priego Montero, ESP, 32:54

Semi-Marathon (30th) & 10 km (24th) de Cannes

Cannes, FRA, 5 March

(Distances: 21.1 km, 10 km; FFA national label)

Half Maraton (gun times):

MEN

1. Youssef BENHADI (Mar), 1994, S/I Union Perpignan Athle 66, 1:06:15

WOMEN

1. Sheila CHEBET (KEN), 1997, S/I Ac Miramas, 1:12:47
2. Siham HILALI (MAR), 1986, Romilly Sport 10 Athletisme, 1:14:34
3. Lucy MACHARIA (KEN), 1987, S/I Aix Athle Provence, 1:16:23

10 km (gun times):

MEN

1. Evans NGEIYWA (KEN), 1992, S/I Ac Miramas, 28:59

WOMEN

1. Likina AMEBAW (ETH), 1997, Unattached, 32:22

10 km de Payerne

Payerne, SUI, 5 March

MEN

1. William KIBOR (KEN), 1985, Unattached, 29:09

WOMEN

1. Lydiah Njeri MATHATI (KEN), 1985, Unattached, 32:43
2. Scherrer CHIARA, 1996, TG Hütten, 32:49
3. Hanna GRÖBER (GER), 1996, TG Hütten, 33:44

Bank of Us Run the Bridge Hobart 10 km (14th)

Hobart, TAS, AUS, 5 March

(Point-to-point sea level course, crossing the Tasman Bridge (1.4 km long) in the middle and no net elevation change.)

MEN (gun times)

1. Kenneth Kiprop, KEN, 28:46

WOMEN (gun times)

1. Prisca Chesang, KEN, 32:34
2. Leanne Pompeani, AUS, 32:59

TTP Cambridge Half Marathon

Cambridge, GBR, 5 March

(Distance: 21.1 km; loop course with no start/finish separation; certification uncertain.)

MEN (gun times)

1. Nick Bowker, Clapham Chasers, 1:05:12
2. Charlie Sandison, Fulham Running Club, 1:05:28
3. Edward Chuck, Dulwich Runners Ac, 1:05:45
4. Chris Darling, Unattached, 1:05:48

WOMEN (gun times)

1. Verity Hopkins, Tonbridge Athletics Club, 1:13:53 PB
2. Dani Nimmock, City Of Norwich Ac, 1:14:23
3. Emma Styles, Nuneaton Harriers, 1:15:13

FRESH 15 km (10th)

South Tyler, TX, USA, 4 March
(Certified and record-eligible)

MEN

1. James Ngandu (KEN), 32, Van Wert, OH, 43:55 (\$3000)
2. Josephat Too (KEN), 26, Grand Prairie, TX, 43:58 (\$2500)
3. Raymond Magut (KEN), 24, Grand Prairie, TX, 44:10 (\$2000)
4. Lawrence Kipkoech (KEN), 30, Colorado Springs, CO, 44:22 (\$1500)
5. Dennis Kipkosgei (KEN), 28, Kapkelach, 44:43 (\$1000)

WOMEN

1. Sheila Jerotich (KEN), 33, Lansing, MI, 51:01 (\$3000)
2. Allie Kieffer, 35, Austin, TX, 53:08 (\$2500)
3. Jennifer Pope, 36, Plano, TX, 53:38 (\$2000)
4. Damaris Areba (KEN), 27, Grand Prairie, TX, 53:56 (\$1500)

CROSS-COUNTRY**Championnats de France de Cross-Country**

(French Cross-country Championships)
Carhaix-Plouguer, FRA, 12 March

MEN

Long Race (9.81 km):

1. Jimmy Gressier, FRA, 1997, 32:24
2. Markus Goerger, FRA, 1998, 32:30
3. Fabien Palcau, FRA, 1997, 32:43
4. Asbel Kiprop Rutto, KEN, 2002, 32:50
5. Nicolas-Marie Daru, FRA, 1988, 32:56

Short Race (4.51 km):

1. Azeddine Habz, FRA, 1993, 14:18
2. Djilali Bedrani, FRA, 1993, 14:19
3. Bastien Augusto, FRA, 1999, 14:19

WOMEN

Long Race (8.91 km):

1. Diana Chesang, KEN, 2001, 33:23
2. Manon Trapp, FRA, 2000, 33:55 (French Champion)
3. Cecile Jarousseau, FRA, 1993, 34:08
4. Blandine Lhirondel, FRA, 1991, 34:53
5. Addisalem Belay, ETH, 1995, 35:03

Short Race (4.51 km):

1. Elise Vanderelst, BEL, 1998, 16:47
2. Celia Tabet, FRA, 1999, 16:57 (French Champion)
3. Aude Clavier, FRA, 1999, 17:02

INDOOR TRACK

NCAA Division I Indoor Championships (58th Men/40th Women)

Albuquerque, NM, USA, 10-11 March

(200 m banked track; high altitude, 1511 m)

Note: North Carolina State's Katelyn Tuohy was the big star, winning both the 3000 m and 5000 m in tactical races. Stanford teammates Roisin Willis and Juliette Whitaker finished one-two in the 800 m, and Willis broke the championships record with a swift 1:59.93 (the two also anchored Stanford's winning DMR squad to a facility record 10:56.34). -- Ed.

MEN

Teams: 1. Arkansas, 63; 2. Georgia, 40; 3. Florida, 34 ...

800 (11):

1. Yusuf BIZIMANA (GBR), SO, TEXAS, 1:46.02 PB/NCAA leader
2. Crayton CARROZZA, JR, TEXAS, 1:46.78
3. Handal ROBAN (VIN), FR, PENN STATE, 1:47.28

Mile (11):

1. Luke HOUSER, JR, WASHINGTON, 4:03.33
2. Isaac BASTEN, JR, DRAKE, 4:03.36
3. Anass ESSAYI (MAR), SO, SOUTH CAROLINA, 4:03.61

3000 (11):

1. Fouad MESSAOUDI (MAR), SO, OKLAHOMA STATE, 7:48.10
2. Drew BOSLEY, SO, NORTHERN ARIZONA, 7:48.34
3. Jackson SHARP (AUS), JR, WISCONSIN, 7:48.66

5000 (10):

1. Dylan JACOBS, SR, TENNESSEE, 13:37.59 FR
2. Casey CLINGER, SO, BYU, 13:38.12
3. Drew BOSLEY, SO, NORTHERN ARIZONA, 13:38.62
4. Nico YOUNG, SO, NORTHERN ARIZONA, 13:40.55

DMR (10):

1. OKLAHOMA STATE, 9:28.77 FR

[Fouad Messaoudi, 2:53.76; DeJuana McArthur, 46.67; Hafez Mahadi, 1:47.85; Ryan Schoppe, 4:00.50]

2. OLE MISS, 9:31.63
3. WISCONSIN, 9:31.77

WOMEN

Teams: 1. Arkansas, 64; 2. Texas, 60; 3. Florida, 45 ...

800 (11):

1. Roisin WILLIS (2004), FR, STANFORD, 1:59.93 CR
2. Juliette WHITTAKER (2003), FR, STANFORD, 2:00.05 PB
3. Michaela ROSE, SO, LSU, 2:00.85

Mile (11):

1. Olivia HOWELL, JR, ILLINOIS, 4:34.00 FR
2. Lauren GREGORY, SR, ARKANSAS, 4:34.24
3. Flomena ASEKOL (KEN), JR, ALABAMA, 4:35.18

3000 (11):

1. Katelyn TUOHY, SO, NC STATE, 9:10.07
2. Olivia MARKEZICH, JR, NOTRE DAME, 9:13.01

3. Taylor ROE, JR, OKLAHOMA STATE, 9:13.22

5000 (10):

1. Katelyn TUOHY, SO, NC STATE, 16:09.65
2. Hilda OLEMOMOI (KEN), SO, ALABAMA, 16:11.08
3. Mercy CHELANGAT (KEN), SR, ALABAMA, 16:11.63

DMR (10):

1. STANFORD, 10:56.34 FR
[Melissa Tanaka, 3:23.02; Maya Valmon, 51.91; Roisin Willis, 2:02.75; Juliette Whittaker, 4:38.67]
2. ARKANSAS, 10:56.61
3. NOTRE DAME, 10:59.46

NAIA Indoor Championships (58th)

Brookings, SD, USA, 2-4 March
(300 m oversized track)

Note: In an amazing display of endurance, Addy Wiley of Huntington University in Huntington, Indiana, ran a total of ten races over three days, winning the 600, 800, mile and 3000, and also anchored her teams' winning DMR squad. As such, she scored 40 points individually plus another 10 on the relay for a total of 50 of Huntinton's 64 points (for second in the team competition behind Indiana Tech). -- Ed.

MEN

1000 (04):

1. Senzo Sokhela (RSA), JR, Westmont, 2:25.42
2. Liam Neidig, SO, St. Mary (Kan.), 2:25.70
3. Jack Vanden Heuvel, SO, Westmont, 2:26.10

Prelims (03):

Heat 2:

1. Senzo Sokhela (RSA), JR, Westmont, 2:25.62

Mile (04):

1. Jason Bowers (RSA), FR, Cumberland (Tenn.), 4:03.72
2. Senzo Sokhela (RSA), JR, Westmont, 4:08.53
3. Davis Boggess, FR, The Master's, 4:08.62

Prelims (03):

Heat 2:

1. Jason Bowers (RSA), FR, Cumberland (Tenn.), 4:08.33
2. Dean Reynolds, SO, Spring Arbor, 4:08.82
3. Senzo Sokhela (RSA), JR, Westmont, 4:08.90

WOMEN

600 (04):

1. Addy Wiley, FR, Huntington, 1:29.47
2. Camilo-Montenegro, JR, Central Methodist, 1:32.58
3. Jo'Deci Irby, JR, Indiana Tech, 1:32.83

800 (04):

1. Addy Wiley, FR, Huntington, 2:10.93
2. Maggie Whitney, SR, Aquinas, 2:11.34
3. Caroline Cobo, SR, Benedictine (Kan.), 2:11.88

1000 (04):

1. Lisa Voyles, JR, Indiana Tech, 2:50.52
2. Kylahn Freiberg, JR, Concordia (Neb.), 2:54.87
3. Hannah Fredericks, SO, The Master's, 2:55.17

Mile (04):

1. Addy Wiley, FR, Huntington, 4:48.04
2. Sydney Little Light, SR, Rocky Mountain, 4:49.66
3. Lisa Voyles, JR, Indiana Tech, 4:50.24

3000 (04):

1. Addy Wiley, FR, Huntington, 9:47.57
2. Anna Martin, FR, Cornerstone, 9:50.39
3. Caitlin Dominy, SR, Milligan, 9:51.15

DMR (04):

Final (04):

1. Huntington, 11:46.74
[Emily Tedder, Destinee McGrady, MacKenzie Brewer, Addy Wiley]
2. Milligan, 11:51.33

OUTDOOR TRACK**Sydney Track Classic**

(World Athletics Continental Tour – Challenger)
Sydney, NSW, AUS, 11 March

MEN

800:

1. Riley McGown, AUS, 11.05.1996, 1:46.08 PB
2. Charlie Hunter, AUS, 20.07.1996, 1:46.18
3. Jack Lunn, AUS, 16.10.2001, 1:46.41
4. Brad Mathas, NZL, 24.06.1993, 1:46.41
5. Lachlan Raper, AUS, 14.08.1999, 1:46.51
6. Jamie Harrison, AUS, 22.11.2000, 1:46.64
7. Jared Micallef, MLT, 29.05.1998, 1:46.71
8. Luke Boyes, AUS, 05.11.2003, 1:46.85

3000:

1. Jude Thomas, AUS, 17.03.2002, 7:48.25
2. Ben Buckingham, AUS, 08.11.1991, 7:48.99
3. Rorey Hunter, AUS, 02.02.1993, 7:49.30
4. James Hansen, AUS, 27.11.1993, 7:50.28
5. Cameron Myers, AUS, 09.06.2006, 7:52.06
6. Andre Waring, AUS, 18.08.1993, 7:52.23
7. Jack Bruce, AUS, 31.08.1994, 7:52.83
8. Matthew Centrowitz, USA, 18.10.1989, 7:53.58
9. Archie Noakes, AUS, 09.12.2004, 7:53.86
10. Lachlan Herd, AUS, 28.09.1998, 7:54.23
11. Isaac Heyne, AUS, 24.01.2000, 7:54.55

WOMEN

800:

1. Abbey Caldwell, AUS, 03.07.2001, 1:58.62 WL/PB
2. Georgia Griffith, AUS, 05.12.1996, 2:00.41
3. Ellie Sanford, AUS, 13.11.1997, 2:00.87

4. Sarah Billings, AUS, 07.03.1998, 2:01.66
5. Rebecca Mehra, USA, 25.10.1994, 2:03.53

3000:

1. Jessica Hull, AUS, 22.10.1996, 8:31.81 WL/AR
2. Rose Davies, AUS, 21.12.1999, 8:50.90
3. Amy Bunnage, AUS, 22.03.2005, 8:51.90
4. Georgia Hansen, AUS, 22.12.1998, 8:56.96
5. Maudie Skyring, AUS, 09.04.1997, 8:59.58
6. Georgia Winkcup, AUS, 09.05.1997, 8:59.76
- ... 9. Genevieve Gregson, AUS, 04.08.1989, 9:04.54

Jennian Homes New Zealand Track & Field Championships

Wellington, NZL, 2-5 March

MEN

800 (03):

1. James Preston, Wellington Scottish Athletics, 1:49.80
2. Brad Mathas, Manawatu Whanganui, 1:49.88
3. Dominic Devlin, Auckland, 1:50.79

1500 (05):

1. Sam Tanner, Waikato Bay of Plenty, 3:53.03
2. Eric Speakman, Hawkes Bay Gisborne, 3:54.05
3. Russell Green (U23), Canterbury, 3:54.13

5000 (02):

1. Julian Oakley, Waikato Bay of Plenty, 13:52.32
2. Eric Speakman, Hawkes Bay Gisborne, 14:02.23
3. Connor Melton, Canterbury, 14:10.11

3000 s/chase (03):

1. Michael Sutton, Waikato Bay of Plenty, 9:17.92
2. Matthew Arnold, Auckland, 9:21.54
3. Darian Sorouri, Hawkes Bay Gisborne, 9:23.24

WOMEN

800 (03):

1. Alison Andrews-Paul, Wellington, 2:05.01
2. Jennifer Hauke, Auckland, 2:06.32
3. Holly Manning, Hawkes Bay Gisborne, 2:06.87

1500 (05):

1. Laura Nagel, North Harbour Bays Athletics, 4:13.25
2. Rebekah Greene, Otago, 4:16.23
3. Anneke Grogan, Auckland, 4:21.81

5000 (02):

1. Laura Nagel, North Harbour Bays Athletics, 16:40.33
2. Anneke Grogan, Auckland, 16:43.68
3. Katherine Camp, Canterbury, 16:48.25

3000 s/chase (03):

1. Anneke Grogan, Auckland, 10:40.12
2. Saraya Lindsay, North Harbour Bays Athletics, 11:41.76

ULTRA/TRAIL/MOUNTAIN RUNNING

USATF 50 km Championships

Heckscher State Park, East Islip, NY, USA, 12 March
(USATF-certified and record-eligible 10-loop course)

Note: A magnificent run by forty-year-old Andrea Pomaranski here. Her winning time of 3:07:51 smashed the USA 40-44 record and was only 28 seconds off Aly Dixon's world masters best. Pomaranski also ran the Chevron Houston Marathon on 15 January in a personal best 2:31:06. -- Ed.

MEN (gun times)

1. Kallin Carolus Khan, 26, Iowa City, IA, 2:52:50
2. Charles Smogoleski, 37, Eaton Rapids, MI, 2:55:10
3. Mike Katsefaras, 33, Ypsilanti, MI, 2:55:49

WOMEN (gun times)

1. Andrea Pomaranski, 40, Wolverine Lake, MI, 3:07:51 NR 4044* (marathon split of 2:37:59)
2. Brittany Charboneau, 34, Denver, CO, 3:13:30
3. Melissa Tanner, 42, Baltimore, MD, 3:21:47

NEWS

KHATALA AND CHESANG ALL SET FOR FIRST RYC SERIES RACE



Two of Africa's fastest 10 km runners, Diana Chesang (KEN) and Neheng Khatala (LES), will line up for the Absa Run Your City (RYC) Gqeberha 10 km on 2 April. It will be the first time a race in the series will be held in the Eastern Cape city.

Chesang placed 8th at the Absa RYC Cape Town 10 km in 2022, but then returned to South Africa in July to score a huge personal best in the Durban race by finishing second in 31:55, an improvement of 1 min 7 sec on her previous best.

"I am looking to break my personal best from last time," said Chesang in anticipation of the April race.

Khatala is the Lesotho record holder in the 10000 m (33:27.35), 10 km (32:06), half marathon (69:57) and marathon (2:28.06), all but the marathon time run in 2022.

Khatala's 32:06 came in the Absa RYC Cape Town 10 km in May last year, where she finished seventh. She won the Durban International 10 km this weekend in 33:55 (results in this issue).

"I love the Absa Series because it brings together runners, locally and internationally, elite and social," Khatala said. "The organisation is very good, and I would love to run all five races in 2023."

The race will also be a great opportunity for South Africa's Glenrose Xaba to make a big breakthrough. The 28-year-old Xaba never finished outside the top five in 2022 and in the Johannesburg leg ran an excellent 34:03 on a tough course to finish second. Recently Xaba, the current SA champion in the 10 km and halfmarathon, the 10000 m and cross-country, won the Gauteng North 5000 m title in 15:52.10, showing she is in good form.

GARMIN JOINS RUN YOUR CITY SERIES

The Absa Run Your City (RYC) Series has announced that Garmin has joined the series as official sports tech partner. The series has been expanded to five events for 2023.

"We are thrilled to welcome Garmin," said Michael Meyer, Managing Director of Stillwater Sports and founder of the RYC Series. "You won't get a more reliable training partner. Whether you are an elite, chasing your PB, or a social runner, Garmin will help you achieve your goals at the Absa RYC Series. We will be giving away fantastic prizes, compliments of Garmin, in the build-up to event day."

The series kicks off with the Gqeberha 10 km on 2 April, followed by races in Cape Town, Durban, Pretoria and Johannesburg.

STATS TIME

This week we include a list of the top ten SA men in the marathon for 2022. Secondary performances by the top three are also listed. Only Stephen Mokoka has more than one performance.

2022 MARATHON: TOP 10 MEN

2:09:24	Melikhaya Frans	18	Eugene	17 Jul
2:09:58	Stephen Lesego Mokoka	1	Cape Town	16 Oct
2:11:15	Tumelo Motlagale	1	Durban	08 May
2:14:39	Samuel Moloi	5	Cape Town	16 Oct
2:15:22	Mokoka-2	1	Port Elizabeth	06 Mar
2:15:56	Simon Lehlohonolo Sibeko	7	Cape Town	16 Oct
2:16:25	Tete Morena Dijana	2	Port Elizabeth	06 Mar
2:16:25	Edward Omphemetse Mothibi	3	Port Elizabeth	06 Mar
2:16:32	Bonginkosi Zwane	3	Durban	08 May
2:16:37	Nkosikhona Mhlakwana	1	Durban	27 Feb
2:16:42	Folavia Sehohle	6	Durban	08 May

THIS MONTH IN HISTORY

19 years ago (almost exactly): 14 March 2004

Only five sub-2:10 marathons by South Africans have been run in March, and the country's two fastest marathoners, record holder Gert Thys and Stephen Mokoka, each owns two. The quickest came on this day when Thys clocked 2:07:06 to win the Seoul Marathon, beating William Kipsang by 37 seconds. Also finishing in Thys's wake was Lee Bong-ju (2:08:15), who had won Olympic silver behind Josiah Thugwane in 1996. Thys's time, which placed him 8th on the world list for the year, is still the fourth fastest on the SA all-time list. Mokoka has the second fastest time in March -- 2:07:58 in 2019.

SOUTH AFRICAN ROAD LIST LEADERS FOR 2023

This section lists the best South African performance for each of the age categories over the most popular road distances (including those no longer recognised by the IAAF for record purposes). Note that the categories are not closed, i.e. athletes are included in younger age categories if their times qualify. Changes from the previous list are shown in red. Please send me any amendments. World leaders are shown in the open category, on a grey background. World records are shown in green.

MEN

Open

10 km	28:42	Anthony Timoteus	Goodwood	04 Mar
	26:33	Berihu Aregawi (ETH)		
	26:24	Rhonex Kipruto (KEN) 20020		
15 km	46:30	Anthony Timoteus	Constantia	14 Jan

	43:11	Hillary Bor (USA)		
	41:05#	Joshua Cheptegei (UGA) 2018		
	41:05**#	Geoffrey Kamworor (KEN) 2019		
	40:43p**#	Jacob Kiplimo (KEN) 2022		
21.1 km	1:04:26	Collen Mulaudzi	Lisbon	12 Mar
	1:03:34A	Ian Slinger	Ladysmith	11 Feb
	58:45	Benard Kibet Koech (KEN)		
	57:32	Kibiwott Kandie (KEN) 2020		
	57:31p	Jacob Kiplimo (UGA) 2021		
25 km	80:16A	Sanele Sibisi	Pinetown	29 Jan
	71:18**#	Dennis Kipruto Kimetto (KEN)		
30 km				
	86:45**#	Eliud Kipchoge (KEN) 2018		
Marathon	2:06:42	Stephen Mokoka	Osaka	26 Feb
	2:04:59	Gadisa Birhanu Shumie (ETH)		
	2:01:09p	Eliud Kipchoge (KEN) 2022		
	1:59:41u	Eliud Kipchoge (KEN) 2019		
50 km	2:39:04	Tete Dijana	Gqeberha	26 Feb
	2:40:13	Stephen Mokoka (RSA) 2022		
100 km				
	6:09:14&	Nao Kazami (JPN) 2018		

&) This performance was on a point-to-point course and wind aided.

u) Unofficial, not record eligible.

Veterans (40+)

10 km	31:41	Lindikhaya Mthangayi	Goodwood	04 Mar
	31:20A	Pule Tjaoana	Ladysmith	11 Feb
	27:48	Bernard Lagat (USA) 2015		
15 km	51:28	Mthandazo Qhina	Constantia	11 Mar
	44:14	Pierre Levisse (FRA) 1992		
21.1 km	1:11:35	Shadrack Hoff	Pretoria	18 Feb
	70:45A	Johannes Kekana (mast)	Ladysmith	11 Feb
	61:09	Haile Gebrselassie (ETH) 2013		
25 km	89:36A	Bongani Mthembu	Pinetown	29 Jan
	76:49	Martin Mondragon (MEX) 1994		
30 km				
	89:45	Mark Kiptoo Kosgei (KEN) 2016		
Marathon	2:28:20	Collin Jabulani Khoza	Secunda	18 Feb
	2:08:38	Kenneth Mungara (KEN) 2016		
50 km	2:49:23	Joseph Manyedi	Gqeberha	26 Feb
100 km				
	6:18:24	Mario Ardemagni (ITA) 2004		

Masters (50+)

10 km	32:58	Desmond Zibi	Gqeberha	18 Feb
	30:35	Tecwyn Davies (GBR) 1988		
15 km	52:37	Desmond Zibi	Jeffreys Bay	07 Jan
	47:52	Titus Mamabolo (RSA) 1991		
21.1 km	72:31	Johannes Kekana	Bedfordview	15 Jan
	70:45A	Johannes Kekana	Ladysmith	11 Feb
	66:23	Titus Mamabolo (RSA) 1991		
25 km	94:39A	Michael Ndlovu	Pinetown	29 Jan
	84:12	Norman Green (USA) 1984		
30 km				

Marathon	1:46:33	Norman Green (USA) 1988		
	2:43:59	Philemon Manyaka	Durban	12 Mar
	2:35:21A	Sipho Mbokazi	Ladysmith	11 Feb
	2:19:29	Titus Mamabolo (RSA) 1991		
50 km	3:08:45	Desmond Zibi	Gqeberha	26 Feb
100 km	6:43:33	Roland Vuillemot (FRA) 1996		
<u>Grandmasters (60+)</u>				
10 km	38:52	Stephen Motau	Goodwood	04 Mar
	32:48	Martin Rees (GBR) 2013		
15 km	62:25	Friedl van der Merwe	Constantia	04 Feb
	54:32	Cees Stolwijk (NED) 2013		
21.1 km	1:30:56	Gideon Radebe	Bedfordview	15 Jan
	1:26:52A	Henry Cieverts	Oudtshoorn	25 Feb
	71:31	Martin Rees (GBR) 2013		
25 km	2:06:15A	Gary Mann	Pinetown	29 Jan
	94:01	Doug Winn (USA) 2010		
30 km				
	1:57:07	Ed Whitlock (CAN) 1994		
Marathon	2:58:55	Jabulani Gamede	Benoni	29 Jan
	2:36:30	Yoshihisa Hosaka (JPN) 2009		
100 km	7:53:43	Bernd Juckel (GER) 2012		
<u>Great grandmasters (70+)</u>				
10 km	45:50	Hannes Els	Gqeberha	18 Feb
	37:33	Ed Whitlock (CAN) 2004		
15 km	73:10	Hannes Els	Jeffreys Bay	07 Jan
	58:19	Ed Whitlock (CAN) 2001		
21.1 km	97:08	Ayanda Matshabane	Pretoria	28 Jan
	82:23	Ed Whitlock (CAN) 2001		
25 km				
	99:59	Clive Davies (USA) 1985		
30 km				
	2:00:56	Ed Whitlock (CAN) 2001		
Marathon	3:57:00	Theo Swanepoel	Pretoria	28 Jan
	2:54:49	Ed Whitlock (CAN) 2004		
100 km				
	8:53:45	Max Courtillon (FRA) 1997		
<u>Juniors</u>				
10 km	33:22	Uzukhanye Makhonxa	Cape Town	08 Mar
	32:00A	Sanele Dladla	Ladysmith	11 Feb
	27:11	Mathew Kimeli Kipkorir (KEN) 2017		
15 km	53:54	Msindisi Cimani	Constantia	14 Jan
	42:17	Ayele Abshiro Biza (ETH) 2008		
21.1 km	81:35	Edson Zgambo Kamena	Pretoria	28 Jan
	74:00A	Manqoba Shabalala	Ladysmith	11 Feb
	59:16	Samuel Wanjiru (KEN) 2005		
WOMEN				
<u>Open</u>				
10 km	33:44	Gerda Steyn	Dubai	12 Feb
	30:47	Joy Chepoyek (UGA)		
	29:43 Mx	Joycilene Jepkosgei (KEN) 2017		
	30:29 Wo	Asmae Legzaoui (MAR) 2002		

	30:01p	Wo	Agnes Jebet Tirop (KEN) 2021		
	29:14p	Mx	Yalemzerf Yehualaw (ETH) 2020		
15 km	53:35		Annie Bothma	Constantia	04 Feb
	48:26		Emily Sisson (USA)		
	44:20#	Mx	Letesenbet Gidey (ETH) 2019		
	46:59**#	Wo	Lornah Kiplagat (NED) 2007		
21.1 km	70:07		Dominique Scott	Houston	15 Jan
	64:37		Irine Jepchumba Kimais (KEN)		
	64:31	Mx	Ababel Yeshaneh Birhane (ETH) 2020		
	64:02p	Mx	Ruth Chepngetich (KEN) 2021		
	62:52p	Mx	Letesenbet Gidey (ETH) 2021		
25 km	65:16	Wo	Peres Jepchirchir (KEN) 2020		
	1:44:14A		Fikile Mbuthuma (vet)	Pinetown	29 Jan
	79:53#	Mx	Mary Keitany (KEN) 2010		
	82:47#	Wo	Paula Radcliffe (GBR) 2005		
30 km					
	1:38:42#**	Mx	Aberu Kebede (ETH) 2016		
	1:36:05#**	Wo	Mary Keitany (KEN) 2017		
Marathon	2:30:31		Annie Bothma	Durban	12 Mar
	2:16:28		Rosemary Wanjiru (KEN)		
	2:14:04Mx		Brigid Kosgei (KEN) 2019		
	2:17:01	Wo	Mary Keitany (KEN) 2017		
50 km	3:12:51		Stella Marais	Gqeberha	26 Feb
100 km					
	6:33:11		Tomoe Abe (JPN) 2000		
<u>Veterans (40+)</u>					
10 km	37:40		Refeloe Solomons	Gqeberha	18 Feb
	32:14		Priscilla Welch (GBR) 1985		
15 km	61:22		Ntombesintu Mfunzi	Jeffreys Bay	07 Jan
	49:35		Priscilla Welch (GBR) 1985		
21.1 km	82:16		Janie Grundling	Hillcrest	12 Feb
	82:15A		Melissa van Rensburg	Oudtshoorn	25 Feb
	69:37		Deena Kastor (USA) 2014		
25 km	1:44:14A		Fikile Mbuthuma	Pinetown	29 Jan
	85:15		Colleen de Reuck (USA) 2005		
30 km					
	1:49:40		Yoshimi Hoshino (JPN) 2007		
Marathon	2:52:29		Janie Grundling	Durban	12 Mar
	2:23:31		Lydia Cheromei (KEN) 2017		
50 km	3:47:26		Ingrid Koster (mast)	Gqeberha	26 Feb
100 km					
	7:20:22		Maria Auxiliadora (BRA) 1998		
<u>Masters (50+)</u>					
10 km	41:14		Julie Huckle	Cape Town	08 Mar
	34:14		Linda Somers (USA) 2011		
15 km	68:22		Joanna Thomas	Constantia	14 Jan
	63:42A		Anne Stewart	Camps Bay	22 Jan
	52:38		Monica Joyce (USA) 2009		
21.1 km	91:28		Elizabeth Potter	Benoni	29 Jan
	75:18		Linda Somers (USA) 2011		
25 km	1:51:45A		Karen Sobrino	Pinetown	29 Jan
	96:58		Colleen de Reuck (USA) 2016		
30 km					

Marathon	1:56:43	Colleen de Reuck (USA) 2016		
	3:08:29	Elizabeth Potter	Durban	12 Mar
	2:31:05	Tatyana Pozdniakova (UKR) 2005		
50 km	3:47:26	Ingrid Koster	Gqeberha	26 Feb
100 km	7:51:10	Meghan Arbogast (USA) 2011		
<u>Grandmasters (60+)</u>				
10 km	48:21	Marietjie Ceronio	Pretoria	28 Jan
	38:56	Lidia Zentner (GER) 2015		
15 km	74:03	Renée Scott	Constantia	11 Mar
	61:25	Kathryn Martin (USA) 2011		
21.1 km	95:18	Johanna Swanepoel	Bedfordview	15 Jan
	84:56	Bernadine Portenski (NZL) 2010		
25 km	2:09:31A	Debby de Koning	Pinetown	29 Jan
	1:50:50	Edie Stevenson (USA) 2011		
30 km	2:15:30	Kathryn Martin (USA) 2012		
Marathon	3:45:42	Malie van der Walt	Durban	12 Mar
	3:12:57	Emmi Luthi (SUI) 2009		
50 km	4:12:36	Annatjie Botes	Gqeberha	26 Feb
100 km	9:20:07	Ursula Schmitz (GER) 1999		
<u>Great grandmasters (70+)</u>				
10 km	55:15	Nancy Will	Cape Town	08 Mar
	44:09	Lavinia Petrie (AUS) 2014		
15 km	79:31	Nancy Will	Constantia	04 Feb
	72:52	Jo Klein (NED) 2004		
21.1 km	1:57:49	Nancy Will	Kommetjie	12 Feb
	97:38	Lavinia Petrie (AUS) 2014		
25 km	2:18:20	Gerry Davidson (USA) 1991		
30 km	2:47:08	Myra Rhodes (USA) 2002		
Marathon	3:55:36	Nancy Will	Durban	12 Mar
	3:53:58A	Nancy Will	Simon's Town	19 Feb
	3:35:29	Helga Miketta (GER) 2013		
100 km	12:50:49	Helen Klein (USA) 1993		
<u>Juniors</u>				
10 km	40:48	Rebecca Monk	Cape Town	08 Mar
	31:29	Karoline Bjerkeli Grovdal (NOR) 2009		
15 km	69:06	Rebecca Monk	Constantia	11 Mar
	48:33	Mekasha Waganesh Amare (ETH) 2011		
21.1 km	2:14:18	Natasha Matthee	Pretoria	28 Jan
	1:47:06A	Unathi Nakumba	Oudtshoorn	25 Feb
	67:57	Abebu Gelan Adugna (ETH) 2009		

#) The IAAF no longer recognises world records for 15 km, 25 km and 30 km.

**) The ARRS does not recognise records set at intermediate points in a longer race.

Contributors to this issue: Alen Hattingh, Sonia & Kevin Harlock, Irene & Jan van Eeden, Athletics SWD

Published by Riël Hauman
42 Fifteenth Avenue, Boston, Bellville 7530, RSA
Fax: 0866 89-44-74
Cellphone: 082 922-8538
E-mail: rielh@mweb.co.za



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